

January 2013

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
MENUS ARE SUBJECT TO CHANGE	1 	2 CHICKEN BREAST IN ORANGE SAUCE BROWN RICE PUMPERNICKEL BREAD AUTUMN BLEND VEGETABLES DICED PEACHES APPLE JUICE 1% MILK	3 MEATLOAF W/GRAVY WHEAT BREAD MASHED POTATOES GREEN BEANS FRESH ORANGE WEDGES APPLESAUCE 1% MILK	4 SLICED TURKEY W/GRAVY MULTI GRAIN DINNER ROLL SWEET POTATOES MULTI BEAN SALAD PEAS SLICED FRESH APPLE CRANBERRY JUICE 1% MILK
7 BEEF BURGUNDY OVER NOODLES WHOLE GRAIN BREAD MIXED VEGETABLES DICED PEARS ORANGE JUICE 1% MILK	8 EGG SALAD PLATTER GREEN LEAF LETTUCE WHEAT BREAD FRESH BROCCOLI SLAW PINEAPPLE TIDBITS SPLIT PEA SOUP GRAPE JUICE 1% MILK	9 BBQ BEEF SANDWICH WHOLE WHEAT ROLL STEAMED BABY CARROTS 3 BEAN SALAD MANDARIN ORANGE SECTIONS PINEAPPLE JUICE 1% MILK	10 RIGATONI & MEATBALLS IN TOMATO SAUCE WHOLE WHEAT BREAD SLICED FRESH APPLES CORN APPLE JUICE 1% MILK	11 TUNA SALAD COLD PLATE FRESH TOSSED SALAD WITH PINEAPPLE RINGS FRESH SLICED TOMATO NAVY BEAN SOUP WHOLE WHEAT CRACKERS 1% MILK
14 CHICKEN STEW WITH PEAS & CARROTS BROWN RICE BISCUIT APPLE PIE GRAPE JUICE 1% MILK	15 SALISBURY STEAK W/GRAVY DINNER ROLL MASHED POTATOES GREEN BEANS DICED PEARS TOMATO JUICE 1% MILK	16 SLOPPY JOES WHOLE WHEAT ROLL MIXED GREENS PASTA SALAD HOT BLUEBERRY & PEAR CRISP APPLE JUICE 1% MILK	17 BAKED POTATO BAR CHOPPED LETTUCE BACON BITS CHILI CON CARNE CHOPPED TOMATO SOUR CREAM APPLE PIE CRANBERRY JUICE 1% MILK	18 CHICKEN BREAST WITH PICATTA SAUCE WHEAT BREAD BUTTERED NOODLES SUMMER BLEND MIXED VEGGIES APPLE SAUCE GRAPE JUICE 1% MILK
21 CLOSED FOR MARTIN LUTHER KING HOLIDAY	22 SAUSAGE W/GRAVY BISCUITS W/GRAVY HOME FRIED POTATOES SCALLOPED APPLES DICED PEARS ORANGE JUICE 1% MILK	23 SALISBURY STEAK W/GRAVY WHOLE GRAIN DINNER ROLL MASHED POTATOES GREEN & YELLOW SQUASH CASSEROLE 3 BEAN SALAD APPLE SAUCE TOMATO JUICE 1% MILK	24 HAM W/PINEAPPLE RAISIN SAUCE RYE BREAD CUT SWEET POTATO SUMMER BLEND VEGGIES FRUIT COCKTAIL APPLE JUICE 1% MILK	25 BAKED CHICKEN QUARTER WHEAT BREAD CARIBBEAN VEGETABLES COUS COUS FRESH TANGERINE PINEAPPLE JUICE 1% MILK
28 SWEDISH MEAT BALLS WITH WHOLE WHEAT ROTINI PASTA ITALIAN BREAD GREEN BEANS TROPICAL FRUIT FRESH TOSSED SALAD RANCH DRESSING 1% MILK	29 GRILLED BEEF PATTY WHOLE WHEAT ROLL LETTUCE & TOMATO BAKED BEANS CREAMED KALE FRESH ORANGE WEDGES FRUIT PUNCH 1% MILK	30 OPEN FACED ROAST BEEF SANDWICH W/GRAVY WHITE BREAD MASHED POTATOES GLAZED CARROTS APRICOTS GRAPE JUICE 1% MILK	31 GRILLED CHICKEN BREAST ON WHEAT ROLL PROVOLONE CHEESE LETTUCE GARNISH GREEN BEANS DICED PEACHES FRUIT PUNCH LENTIL SPINACH SOUP 1% MILK	TO MAKE A MEAL RESERVATION AT LEAST 48 HOURS IN ADVANCE, CONTACT YOUR MEAL MANAGER. EACH MEAL COSTS THE FCDOA NUTRITION PROGRAM \$4.80, YOUR CONTRIBUTIONS PER MEAL HELPS MAKE MORE MEALS POSSIBLE.